

Facilitator Manual for Christian Studies in Addictions

Developed by
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This manual was originally written while Dr. Allen served as President of GCOTV School of Ministry.

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Facilitator Manual for Christian Studies in Addiction

This Manual and course Syllabus are designed for Christian College, Universities, and Schools of Ministries/Theology to allow a facilitator to use the material in the classroom and facilitate a discussion of about Addictions.

Course Syllabus:

- Course Description:
 - The course is simply a survey of Addiction, the cause and impact within families, communities, and churches. Providing education and Practical application of how-to best work with individuals that are addicted. Student will be focusing on how to be effective in helping individuals with addiction and how these strategies can be implemented in their personal ministry.
- Course Objectives
 - To become aware of the dynamic's addictions within their family, community, and church.
 - To learn how to help people with addiction within the contexts of a local church or other Christian setting.
 - To learn the skills to effective change in the addictions that occur in their life.
- Course Method
 - This course will use classroom lecture along with group participation, as well as completion of reading assignments.
- Course Requirements:
 - Please note that the following textbook is required. **"Drug Epidemic: Impact on Families and Churches by Dr. Don Allen**

Serenity Prayer as Originally Prayed (Written)

The **Serenity Prayer** is the common name for a prayer written by the American theologian Reinhold Niebuhr (1892–1971) and is often quoted by members of Alcoholic Anonymous and other recovery groups. However, they use only the first verse, I have shared the prayer in its entirety here.

GOD, grant me the Serenity
to accept the things I cannot change
Courage to change the things I can and the Wisdom
to know the difference.

Living ONE DAY AT A TIME;
Enjoying one moment at a time;
Accepting hardship as the pathway to peace.

Taking, as He did, this sinful world as it is,
not as I would have it.

Trusting that He will make all things right if I
surrender to His Will;

That I may be reasonably happy in this life, and supremely
happy with Him forever in the next.

Amen

By Reinhold Neibuhr

Introduction:

Drug addiction is a **WORLDWIDE** problem (some have called it the epidemic of our generation), so if you are living in the United States of America like I do (the author of this Study) or in an African nation, or in any other region of the world; it is important that as Pastors and Ministers we understand what addiction is and how to help people that are struggling with addiction.

The author of the study (Dr. Don Allen, Jr) shares with his patients, and church members the following statement that he feels is very important to keep in mind while studying alcoholism or addiction:

“Just because something is legal doesn’t make it safe and appropriate for me”

Breakout:

In a small group of three or four, take time to discuss your opinion of this statement, and how you can apply it when working with individuals that may come to you for help.

The World Health Organization states the following concerning Substance Abuse (Addiction): “Substance abuse refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. Psychoactive substance use can lead to dependence syndrome - a cluster of behavioral, cognitive, and physiological phenomena that develop after repeated substance use and that typically include a strong desire to take the drug, difficulties in controlling its use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state.”

A very interesting and scary fact is, according to the World Health Organization “It is estimated that 275 million people used illicit drugs, such as cannabis, amphetamines, opioids, and cocaine, in 2016 which translates into an annual prevalence of illicit drug use of 5.6%. Cannabis is most used with 192 million users. Some 31 million of people who use drugs suffer from drug use disorders. It is estimated that there are almost 11 million people who inject drugs.”

Throughout this manual we will be addressing the topic of Addiction which also includes the use and abuse of Alcohol, and drugs. When discussing addiction, we will not be separating them, alcohol and drugs into two separate categories.

Breakout:

In your small group, prior to studying the definitions of addiction discuss your personal view of addiction.

Section One

Defining Addiction:

Defining addiction (alcoholism or Drug dependency) is often hard to do! There remains a great deal of **CONTROVERSY** between the difference between **RECREATIONAL** use, and **DEPENDENCY**. Throughout this manual we are going to simply attempt to understand two of various definitions of addiction: (1) a Biblical View of addiction (2) a World View of Addiction

Group Question:

Take a survey of the group and ask how many believe that Alcoholism or Drug Addiction is a Sin or a Disease? In the group also ask their opinion if they think being addicted will keep someone from going to heaven?

Part One:

A Biblical View (often referred to as the Sin Concept)

Question that you must answer for yourself as a counselor or pastor:
“Does the Bible condemn any use of alcohol or drugs, and therefore is it a sin if I or someone else drinks?”

We have heard individuals over the year’s remark that the Bible does not address the issue of drugs. However; this is not true in **Galatians 5:20** the concept of drugs is brought out very clearly in the word **“WITCHCRAFT”** (in the King James Version & New International Version).

“The original Greek word here is “pharmakia” from which we get **“PHARMACY** and pharmaceutical” today. It involves the use of drugs to alter a person’s state of mind.”⁹

The following verses give us a very clear description of someone addicted to alcohol, but these verses could also be applied to anything that takes control of your life.

Proverbs 23:29-35 (King James Version) ... “Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? “Those who linger over wine, who get to sample bowls of mixed wine.” “Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly.” “In the end it bites like a snake and poisons like a viper “Your eyes will see strange sights and your mind imagine confusing things.” “You will be like one sleeping on the high seas, lying on top of the rigging.” “They hit me, you will say, “but I’m not hurt! When will I wake up so I can find another drink.”

Another Definition of Addiction from Scripture is found in ...

Romans 7: 14-20 ... In the King James Version, the verse’s read ...
14For we know that the law is spiritual: but I am carnal, sold under sin.

15For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. 16If then I do that which I would not, I consent unto the law that it is good. 17Now then it is no more I that do it, but sin that dwelleth in me. 18For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. 19For the good that I would I do not: but the evil which I would not, that I do. 20Now if I do that I would *not, it is no more I that do it, but sin that dwelleth in me.*"

Rev. Billy Sunday a revivalist at the turn of 20th century stated his position about drunkenness and the industry that produces **ALCOHOL** in his message Booze, (however, I'm sure he would include all addictive drugs in this reference, if he was preaching it today) while preaching in Boston, Massachusetts. "I am the sworn, eternal and uncompromising enemy of the liquor traffic. I have been, and will go on, fighting that damnable, dirty, rotten business with all the power at my command. I shall ask no quarter from that gang, and they shall get none from me."

Stephen Michael writes, "Question and Answers: The Bible does warn about the dangers of drinking and the Bible is against drunkenness. Drunkenness is **SIN** primarily because it brings on other sins by reducing one's inhibitions and judgment. Sins such as adultery, fornication, theft, idolatry, and murder have all been done under the influence of alcohol. There is also the likely chance of addiction which can **DESTROY** families, cause poverty, ruin one's **HEALTH**, and eventually cause death. This doesn't begin to speak of the spiritual and emotional damages it can cause upon the addicted and his or her family members. The best way to avoid possible weaknesses in the flesh is abstain from it all together."

In the article "A Biblical Response to Dependency and Addiction: [April 6, 2016](#): Dr. Ab Abercrombie:

Dependency and Addiction:

According to experts, alcohol and drug addiction are diseases; obesity and overeating are due to genetic predisposition; obsessive relationship attachments are labeled "codependent;" and excessive spending may be a symptom of bi-polar disorder. To refer to these matters as sin is considered taboo. After all, it isn't our fault if we have a physical malady, genetic flaw, poor childhood, or biochemical imbalance.

Focusing on sin, some argue, is harsh and promotes guilty, shameful emotions. I argue that telling someone there is no remedy or cure for their behavioral prison is harsh. Without transformation, we can only teach someone to manage their illness rather than resolve their sin.

Addiction is indulgence of the flesh and the temporal pleasures that come with the element of attraction. For some substances, medical addiction can, and does, become a complicating factor making deception and entrapment still greater. Yet in its origin, it is the placement of something or someone above God.

Edward Welch (2001) calls addiction a worship **DISORDER**, pointing to idolatry as a central theme in our excessive consumptions. He writes:

Furthermore, the problem is not outside of us located in a liquor store or on the Internet; the problem is within us. Alcohol and drugs are essentially satisfiers of deeper idols. The problem is not the idolatrous substance; it is the false worship of the heart (p. 49).

Scripture states: “Now the works of the flesh are evident...” (Gal. 5:19). If the cravings and actions of our flesh are evident (obvious), then through them our heart is revealed. The heart conveys our affection; our devotion of time and energy; our longing; and our commitment. The heart invested fully in a person or substance will have little evidence of godly worship, service, or holy conduct, as these assets cannot be attained apart from godly adoration.

Many suggest that the Bible has little to say about addiction in general. For example, the Bible does not speak of pornography, drug addiction, or relationship dependence at all. The Bible also does not mention automobiles and rocket ships because they did not exist at the time God gave His revelation. But theologically and structurally, Scripture has volumes to say about idolatry (1 Cor. 10:14), worship (John 4:23), respect and maintenance of the body (1 Cor. 3:16-17), lust (1 John 2:16, sexual immorality (1 Thess. 4:3, self-control (Gal. 5:22-23), a sound mind (2 Tim. 1:7), temperance (1 Cor. 6:12), and pure meditations (Ps. 19:14). Perhaps Paul summed it up best:

All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any (1 Cor. 6:12).”

Breakout ...

In your small group discuss why or why not you believe that addiction is sin?

Part Two:

A Worldview (Disease Concept)

Within the United States we refer most often to the **DSM5** (**Diagnostic and Statistical Manual of Mental Disorders 5** ... here after simply referred to as DSM5)

“The SUBSTANCE-RELATED DISORDERS encompass 10 separate classes of drugs: alcohol; caffeine; cannabis; hallucinogens (with separate categories for phencyclidine [or similarly acting arylcyclohexylamines] and other hallucinogens); inhalants; opioids; sedatives, hypnotics, and anxiolytics; stimulants (amphetamine-type substances, cocaine, and other stimulants); tobacco; and other (or unknown) substances. These 10 classes are not fully distinct. All drugs that are taken in excess have in common direct activation of the brain reward system, which is involved in the reinforcement of behaviors and the production of memories. They produce such an intense activation of the reward system that normal activities may be neglected. Instead of achieving reward system activation through adaptive behaviors, drugs of abuse directly activate the reward pathways (Koob 2006). The pharmacological mechanisms by which each class of drugs produces **REWARD** are different, but the drugs typically activate the system and produce **FEELINGS** of **PLEASURE**, often referred to as a **“HIGH.”** Furthermore, individuals with lower levels of self-control, which may reflect impairments of brain inhibitory mechanisms, may be particularly predisposed to develop substance use disorders, suggesting that the roots of substance use disorders for some persons can be seen in behaviors long before the onset of actual substance use itself (Moffitt et al. 2011).”

Throughout the world the **ICD-10 (10th revision of the International Statistical Classification of Diseases and Related Health Problems)** is generally referred to as the standard for defining Psychical and Psychological illness, and it defines “Addiction” as

ICD-10 Clinical description: **DEPENDENCE SYNDROME**... “A cluster of **PHYSIOLOGICAL**, **BEHAVIORAL**, and **COGNITIVE** phenomena in which the use of a substance or a class of substances takes on a much **HIGHER** priority for a given individual than other behaviors that once had greater value. A central descriptive characteristic of the dependence

syndrome is the desire (often strong, sometimes overpowering) to take psychoactive drugs (which may or may not have been medically prescribed), alcohol, or tobacco. There may be evidence that return to substance use after a period of abstinence leads to a more rapid reappearance of other features of the syndrome than occurs with non-dependent individuals.”

The American Society of Addiction Medicine gives the following short definition of addiction:

“**ADDICTION** is a **PRIMARY, CHRONIC** disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic **BIOLOGICAL, PSYCHOLOGICAL**, social and **SPIRITUAL** manifestations. This is reflected in an individual pathologically pursuing reward and/or **RELIEF** by substance use and other behaviors.

Addiction is characterized by **INABILITY** to consistently abstain, impairment in behavioral control, **CRAVING**, diminished recognition of significant problems with one’s behaviors and interpersonal relationships, and a dysfunctional **EMOTIONAL** response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.”

The American Psychiatric Association give the following definition:

“Addiction is a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence. People with addiction (severe substance use disorder) have an intense focus on using a certain substance(s), such as alcohol or drugs, to the point that it takes over their life. They keep using alcohol or a drug even when they know it will cause problems. Yet a number of effective treatments are available, and people can recover from addiction and lead normal, productive lives.”

The famous psychiatrist Carl Gustav Jung stated, “Every form of addiction is bad, no matter whether the narcotic be alcohol, morphine or idealism.”

Section Two

Why people use

The reason people individuals use has so many variables. Listed below is some of the most common reason people state for beginning and continuing to use alcohol or drugs.

- Religious **PRACTICE**
 - Use of alcohol or drugs as a part of one religious' beliefs, example a Rastafari that believes smoking marijuana helps with spiritual relationship with God.
- **LOW** Self Esteem
 - Individuals that struggle with low self-esteem often feel that the drugs or alcohol help boost their ability to communicate with others.
- Hereditary
 - This is open for debate within the Christian Community, but we need to share about it here:
 - Hereditary is the use of alcohol or drugs (addiction) because the individual has a flaw in their **DNA** that when they begin to use, they have a hard time stopping.
- **BOREDOM**
 - Many individuals are simply looking for a way to the pass the time
- Cultural Influence
 - Alcohol or drugs are used as a part one's culture.
- **EXPERIMENTATION**
 - Wanting to find out about the feeling/buzz or high for oneself.
- Parental Use
 - This is different from Hereditary in that this a parent setting example that using alcohol and/or drugs is ok.
- **PEER** Pressure
 - Seeking acceptance from others.
- Escape the **REALITY** of the current situation
 - Either physical pain.
 - Emotional pain.
- Relax
 - Attempting to maybe **OVERCOME** the **STRESS** of busy day or calm down from a hard day of work.

- Abandonment
 - **GRIEF** over the loss of someone close

Breakout ...

In a small group of three or four, discuss whether you have heard these various reasons being shared by people you know, and what would you add to the list?

Section Three

What are the most common drugs people use?

Note from the writer (Dr. Don Allen) of this facilitator manual: There are hundreds of books and website where individuals can find information about drugs of choice. Throughout this section I have chosen (most of the time) to use what I consider to be one of the most trusted sites: The National Institute of Drug Addiction here in the United States.

Part One:

Alcohol

“People drink to **SOCIALIZE**, **celebrate**, and **RELAX**. Alcohol often has a strong effect on people—and throughout history, people have struggled to understand and manage alcohol’s power. Why does alcohol cause people to act and feel differently? How much is too much? Why do some people become addicted while others do not? The National Institute on Alcohol Abuse and Alcoholism is researching the answers to these and many other questions about alcohol. Here’s what is known:

Alcohol’s effects vary from person to person, depending on a variety of factors, including:

How **MUCH** you drink
How **OFTEN** you drink
Your age
Your **HEALTH** status
Your **FAMILY** history

While drinking alcohol is itself not necessarily a problem—drinking too much can cause a range of consequences and increase your risk for a variety of problems. For more information on alcohol’s effects on the body, please see the National Institute on Alcohol Abuse and Alcoholism’s related web page describing alcohol’s effects on the body.”

It is generally accepted that a One-ounce glass of whiskey, gin, vodka, or other liquor is equal to One 12 ounce can of beer, or a 5-ounce glass of wine, or a bottle of wine cooler. A person is generally consider intoxicated after drinking two drinks.

“Short-term effects of alcohol use include:

- **DISTORTED** vision, hearing, and coordination
- impaired **JUDGMENT**
- altered **PERCEPTIONS** and emotions
- bad breath; hangovers

Long-term effects of heavy alcohol use include:

- loss of appetite, vitamin deficiencies; stomach ailments
- **LIVER** damage
- skin problems
- sexual impotence
- **HEART** and central nervous system damage; memory loss”

Part Two:

Cannabis/Marijuana

This is by far the most popular drug worldwide, outside of alcohol the widely used drug in the world. The major contributing factor for this is that it can be grown anywhere, and people can cultivate it themselves.

Breakout:

I (Dr. Don Allen) know that within the USA there is a major push to decriminalize the use of Marijuana and to show that it is not harmful. In your small group discuss your position on this topic.

“Marijuana refers to the dried leaves, flowers, stems, and seeds from the hemp plant, *Cannabis sativa*. The plant contains the **MIND--ALTERING** chemical **delta-9-tetrahydrocannabinol (THC)** and other related compounds. Extracts can also be made from the cannabis plant.”

Synthetic Cannabis:

A wide variety of herbal mixtures containing man-made cannabinoid chemicals related to THC in marijuana but often much stronger and more dangerous. Sometimes misleadingly called “synthetic marijuana” and marketed as a “natural,” “safe,” legal alternative to marijuana”

Short-term effects of using marijuana:

- **SLEEPINESS**
- difficulty keeping track of time, impaired or reduced short-term **MEMORY**
- reduced ability to perform tasks requiring **CONCENTRATION** and **COORDINATION**, such as driving a car
- increased heart rate
- potential **CARDIAC** dangers for those with preexisting heart disease
- **BLOODSHOT** eyes
- dry mouth and throat
- decreased **SOCIAL** inhibitions
- paranoia, hallucinations

Long-term effects of using marijuana:

- enhanced **CANCER** risk
- decreases in testosterone levels for men; also, lower sperm counts and difficulty having children
- increase in testosterone levels for women; also increased risk of **INFERTILITY**
- diminished or extinguished sexual pleasure

- psychological dependence requiring more of the drug to get the same effect

The physical effects of marijuana use, particularly on developing adolescents, can be acute. Marijuana blocks the messages going to your brain and alters your **PERCEPTIONS** and **EMOTIONS**, vision, hearing, and coordination. A recent study of 1,023 trauma patients admitted to a shock trauma unit found that one-third had marijuana in their blood.

Part Three:

Khat

Pronounced "cot," a shrub (*Catha edulis*) found in East Africa and southern Arabia; contains the psychoactive chemicals cathinone and cathine. People from African and Arabian regions (up to an estimated 20 million worldwide) have used khat for centuries as part of cultural tradition and for its stimulant-like effects."

"Khat affects everyone differently, based on:

- size, weight and health
- whether the person is used to taking it
- whether other drugs are taken around the same time
- the amount taken
- the strength of the drug (varies from batch to batch).

The following effects may be experienced immediately:

- fast **HEARTBEAT** and breathing
- high temperature and blood pressure
- **TALKING** more and feeling energetic
- reduced appetite.³

Long-term effects: Regular use of KHAT may eventually cause:

- worsening of existing **MENTAL** health problems
- sleep problems

- impotence
- **DIGESTIVE** problems, such as constipation
- sore, inflamed mouth
- **MOUTH** cancer
- needing to use more to get the same effect
- dependence on khat
- financial, work and social problems.¹

Withdrawal

Giving up khat after using it for a long time is challenging because the body must get used to functioning without it.

It's not clear whether it's possible to become dependent on khat, but there is some evidence to suggest that if it's used heavily, withdrawal symptoms may be experienced for several days after the last time the drug was used.

Symptoms may include:

- extreme **TIREDNESS**
- difficulty performing normal daily activities
- slight trembling"

Large Group Discussion

For many of our student's participating in this study this drug has had serious impact, discuss as a group its impact on individuals and your community. Also discuss what you can watch for.

Part Four:

Opiates

Opiates have had a major impact within the world today, with hundreds of thousands dying from overdoses. Understanding the drug and its impact is the beginning to stopping this epidemic.

“What are opioids (Opiates)?

There are basically three types of Opiates that people use, one is natural, the other two have been developed by pharmaceutical companies for the purpose of helping individuals deal with **PAIN**. However, they all have a **HIGH** probability of addiction.

Natural Opiates: These substances occur naturally within the poppy plant. While they are often thought to be less harmful than synthetics, they can still become addictive and cause dangerous respiratory depression.

- **Opium**
 - Street names: O, Ope, Gee, Skee, Ze, Aunti Emma, Ah-pen-yen ([DEA](#))
 - Schedule: Schedule II drug that is no longer used medicinally to treat pain
 - Methods of use: It is most commonly smoked and often combined with other drugs of abuse like marijuana and methamphetamine.
- **Morphine**
 - Street names: M, Miss Emma, White Stuff, Monkey ([NIDA](#))
 - Brand names: Duramorph, Roxanol
 - Schedule: II and III and used to treat severe pain
 - Methods of use: Morphine is **INJECTED** or taken as a tablet, suppository, or capsule.
- **Codeine**
 - Street names: Captain Cody, Cody, Schoolboy, Lean

- Paracod, Panadeine, and the Tylenol-with-codeine series, including Tylenol 3
- Schedule: II, III, and IV depending on how it is packaged
- Methods of use: Codeine is swallowed or injected and often abused as a cough syrup and mixed with soda and alcohol.

Synthetic Opiates: METHADONE is a commonly used synthetic opiate. Synthetic opiates are drugs that are completely manmade in “chemical laboratories with a similar chemical structure” to the natural substances (ISATE). These drugs are widely used and cause the same basic effects that natural opiates cause.

- **Methadone**

- Street names: Amidone, Fizzies
 - Brand names: Dolophine, Methadose
- Schedule: II
- Methods of use: Most often, the drug is swallowed or injected. Methadone is also used to treat opioid addiction over a long period of time as part of a program called methadone maintenance.

- **Fentanyl**

- Street names: Apache, Dance Fever, Friend, China Girl, China White, Murder 8, TNT, Tango and Cash
 - Brand names: Actiq, Duragesic, Sublimaze
- Schedule: II
- Methods of use: Fentanyl is available as a sublingual tablet or patch. It is sometimes smoked or snorted when abused.

Semi-synthetic Opiates: Many of the most commonly used prescription narcotics are semi-synthetic. These are derived from natural opiates to make other substances. Heroin, the most abused opiate drug, is a semi-synthetic opiate derived from morphine.

- **Heroin**

- Street names: Horse, Junk, Skag, H, Smack, White Horse, Dope
- Schedule: I, meaning there are no medicinal uses for the drug
- Methods of use: Heroin is most often injected though it can be smoked or snorted.

- **Meperidine**

- Street names: Demmies, Pain Killer
 - Brand names: Demerol
- Schedule: II
- Methods of use: Meperidine is swallowed, snorted, or injected when abused.

- **Oxycodone**

- Street names: O.C., Oxy, Oxycotton, Hillbilly Heroin, Perc
 - Brand names: Percodan, Percocet, OxyContin
- Schedule: II
- Methods of use: Oxycodone is **SWALLOWED**, **SMOKED**, and **INJECTED** in most cases, though there are liquid and suppository versions.

- **Oxymorphone**

- Street names: Blue Heaven, Blues, Mrs. O, Octagons
 - Brand name: Opana
- Schedule: II
- Methods of use: Oxymorphone is taken orally.

- **Hydrocodone**

- Street names: Vikes, Watson-387
 - Brand names: Vicodin, Lortab, Lorcet
- Schedule: II

- Methods of use: Hydrocodone is injected, swallowed, and snorted when abused.
- **Hydromorphone**
 - Street names: D, Dillis, Juice, Footballs
 - Brand name: Dilaudid
 - Schedule: II
 - Methods of use: Hydromorphone is injected or taken as a suppository.”
 - Or can be swallowed in pill form.

Additional dangers: There have been recent additional dangers of laced with other drugs such as fentanyl; In addition, we have seen Heroin laced with Carfentanil (elephant tranquilizer) which is the most potent opioid used commercially generally believed it is 10,000 times stronger than previous supplies.

“Some of the side effects of opioid use include:

- **FATIGUE**
- Constipation
- Breathlessness
- A sense of elation
- Bronchospasm
- **PHYSICAL** and **PSYCHOLOGICAL** dependence
- Nausea
- Confusion
- **DEPRESSED** respiration and difficulty breathing
- Death (often due to use of more than one substance)
 - Or as result of using more of the drug than the body can handle causing the heart to stop.
 - Chest pain”

Part Five:

Cocaine

“Cocaine is a powerfully addictive **STIMULANT** drug made from the leaves of the coca plant native to South America. Although health care providers can use it for valid medical purposes, such as local anesthesia for some surgeries, cocaine is an illegal drug. As a street drug, cocaine looks like a fine, white, crystal powder. Street dealers often mix it with things like cornstarch, talcum powder, or flour to increase profits. They may also mix it with other drugs such as the stimulant amphetamine”

“Physical risks associated with using any amount of cocaine and crack:

- increases in **BLOOD** pressure, heart rate, breathing rate, and body temperature
- heart attacks, strokes, and respiratory failure
- hepatitis or AIDS through shared needles
- brain **SEIZURES**
- reduction of the body's ability to resist and combat infection

Psychological risks:

- violent, erratic, or **PARANOID** behavior
- hallucinations and "coke bugs"--a sensation of imaginary insects crawling over the skin
- confusion, **ANXIETY** and depression, loss of interest in food or sex
- "cocaine psychosis"--losing touch with **REALITY**, loss of interest in friends, family, sports, hobbies, and other activities.

Some users spend hundreds or thousands of dollars on cocaine and crack each week and will do anything to support their habit. Many turn to drug selling, prostitution, or other crimes.

- Cocaine and crack use have been a contributing factor in several drownings, car crashes, falls, burns, and suicides.
- Cocaine and crack addicts often become **UNABLE** to function sexually.

- Even first-time users may experience seizures or heart attacks, which can be fatal.”

“Other short-term effects of cocaine may include:

- Extreme sensitivity to **TOUCH**, sound, and sight
- Intense happiness
- **ANGER**/irritability
- Paranoid feeling
- Decreased appetite

People who use cocaine often may also have more serious side effects and health problems, like:

- Headaches
- **CONVULSIONS** and seizures
- Heart disease, heart attack, and stroke
- Mood problems
- **SEXUAL** trouble
- Lung damage
- HIV or hepatitis if you inject it
- Bowel decay if you swallow it
- Loss of smell, nosebleeds, runny nose, and trouble swallowing, if you snort it

You may have strong cravings for the drug and the high it brings. But the more you use cocaine, the more your brain will adapt to it. You’ll need a stronger dose to feel the same high. This can lead to a dangerous addiction or overdose.

Stronger, more frequent doses can also cause long-term changes in your brain’s chemistry. Your body and mind begin to rely on the drug. This can make it harder for you to think, sleep, and recall things from memory. Your reaction time may be slower. And you’re at risk for more heart, stomach, and lung problems.”

Part Six:

Methamphetamines

“Methamphetamine is a **STIMULANT** drug usually used as a white, bitter-tasting powder or a pill. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish-white rocks. It is chemically like amphetamine [a drug used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy, a sleep disorder]”

- Meth
- Ice
- Crystal Meth
- Diet Pills
- Medication used for various Mental Health Disorders
- Ritalin

“The effects of methamphetamine use include:

- euphoria
- increased heart rate and blood pressure
- increased wakefulness; **INSOMNIA**
- increased physical activity
- decreased **APPETITE**; extreme anorexia
- respiratory problems
- hypothermia, convulsions, and cardiovascular problems, which can lead to death
- **IRRITABILITY**, confusion, tremors
- anxiety, paranoia, or violent behavior
- can cause irreversible damage to blood vessels in the brain, producing strokes

Methamphetamine users who inject the drug and share needles are at risk for acquiring HIV/AIDS”

“What Are the Signs Someone Is Using Meth?

Have you noticed changes in someone you care about? Consider these signs:

- Not caring about personal **APPEARANCE** or grooming
- Obsessively **PICKING** at hair or skin

- Loss of appetite and weight loss
- Dilated pupils and rapid eye movement
- Strange sleeping patterns -- staying up for days or even weeks at a time
- Jerky, erratic movements; twitching; facial tics; animated or **EXAGGERATED** mannerisms; and constant talking
- Borrowing money often, selling possessions, or stealing
- Angry outbursts or mood swings
- Psychotic behavior, such as paranoia and hallucinations”

Part Seven:

Inhalants

“Although other substances that are misused can be inhaled, the term inhalants refer to the various substances that people typically take only by inhaling.

Sniffing the following is common:

Around the world we find Inhalants used by a large number of Street Kids that are able to find things to sniff in the trash or abandoned buildings.

- solvents (liquids that become gas at room temperature)
- **AEROSOL** sprays
- gases
- nitrites (prescription medicines for chest pain)”
- List can also include common household items:
 - Glue,
 - **LIGHTER** fluid
 - Cleaning supplies
 - Dry Erase Markers

- What the observe:
- Generally found hit in plastic bags, with the lid on, zipped shut.

“Short-term effects

Most inhalants act directly on the nervous system to produce mind-altering effects. Within seconds, the user experiences intoxication and other effects similar to those from alcohol. There are a variety of effects that may be experienced during or shortly after use, including:

- Slurred **SPEECH**
- Drunk, dizzy or dazed appearance
- Inability to **COORDINATE** movement
- Hallucinations and delusions
- Hostility
- Apathy
- **IMPAIRED** judgment
- Unconsciousness
- Severe headaches
- Rashes around the **NOSE** and **MOUTH**
- Prolonged sniffing of these chemicals can induce irregular and rapid heartbeat and lead to heart failure and death within minutes.
- Death from suffocation can occur by replacing oxygen in the lungs with the chemical, and then in the central nervous system, so that breathing ceases.

“Long-term effects

- Muscle weakness
- Disorientation
- Lack of coordination
- Irritability
- Depression
- Serious and sometimes irreversible damage to the heart, liver, kidneys, lungs and brain
- Memory impairment, diminished intelligence
- Hearing loss
- **BONE** marrow damage

- Deaths from heart failure or asphyxiation (loss of **OXYGEN**)

The chronic use of inhalants has been associated with a number of serious health problems. Sniffing glue and paint thinner causes **KIDNEY** problems. Sniffing toluene and other solvents causes liver damage. Inhalant abuse has also resulted in **MEMORY** impairment and diminished intelligence.”

Part Eight:

Depressants/Downers

“**Downers** (CNS Depressants) These are the drugs which slow the functioning of the Central Nervous System and tend to slow the body and mind. They include alcohol, opiates, barbiturates, benzodiazepines and antihistamines. The effects of downers can be very pleasurable.”

Downers: Problems

- Depression
- **FAILURE** to respond to pain
- Respiratory depression
- Muscle wasting, coordination problems
- **CONSTIPATION**
- Dry, itchy skin
- Addiction and withdrawal
- Neonatal effects
- Adulteration
- Contamination of needles
- Illegal activities
- **BLACKOUTS**
- Accidents
- Overdose, suicide

Barbiturate

“Barbiturates have literally been phased out from routine medical practice since the time benzodiazepines appeared on the scene. Barbiturates carry a high risk of addiction and benzodiazepines are a safer option. The elderly are at a higher risk when using this class of drugs because with age it becomes more difficult for the body to get rid of barbiturates. Ultra-short acting barbiturates are used in hospital settings for preparing patients for surgery when there is obviously much less likelihood for illicit use. Long acting barbiturates, on the other hand, are used to treat insomnia, anxiety and different types of seizures and are known for their recreational use.”

Long term use or overdose can lead to cognitive impairment, sluggishness, shallow breathing, and in severe cases, coma and/or death. Barbiturate overdose in conjunction with opiates or other depressants such as alcohol or benzodiazepines is even more dangerous

Benzodiazepines.

“Benzodiazepines are prescribed according to the underlying disorder. For example, benzodiazepines that have a short action are prescribed for insomnia while long-acting ones are used for treating anxiety disorders. Benzodiazepines are also prescribed for managing symptoms of alcohol withdrawal and treating other disorders including muscle spasms, seizures, and convulsions. This class of drugs is also used before medical and dental procedures.

Xanax and Valium are among the more popular brand names of benzodiazepines that are considered to be generally effective as well as safe in the short term. However, in some cases these may have an opposite effect and lead to aggression. There is also a risk of increased tolerance, physical dependence and severe withdrawal symptoms. Although benzodiazepines do not interfere with normal embryonic development, these are generally not prescribed during pregnancy due to risk of cleft palate and neurobehavioral effects in newborns.”

“THE HIGH: Barbiturates and Benzodiazepines create a sense of **EUPHORIA** and **RELAXATION**. They are also used in combination with

stimulants such as cocaine, amphetamines, and crystal meth/crank to reduce the unpleasant effects of these stimulants.

THE LOW: **TOLERANCE** develops quickly, and larger doses are used, increasing the danger of an overdose. If an overdose occurs or if these drugs are taken with other drugs like alcohol, death may result due to the depression of the respiratory center in the brain.

Side Effects:

- Slurred speech
- Shallow breathing
- Sluggishness
- Fatigue
- **DILATED** pupils
- Impairment of memory
- Irritability
- Paranoia
- Impairment of judgement
- **SUICIDAL** ideation
- Lack of coordination Sources

Withdrawal Symptoms:

- Tremors
- Elevated blood pressure
- Elevated Pulse Sweating
- Seizures **EATING** Disorders
- Hallucinations
- Vomiting
- Sleep disorders Disorientation”

Section Four

Assessment

Within the United States the DSM5 is generally used among Psychiatrist Psychologist, and Counselors ...

Diagnostic Criteria Alcohol/Drug Abuse from the dsm5

The assessment is completed by asking the individual, collateral information from family and friends, or reports for hospital or police.

- **CONTINUING** to use alcohol/drug despite negative personal consequences.
- Repeatedly unable to carry out major obligations at work, school, or home due to alcohol/drug use.
- Recurrent use of alcohol/drug in physically hazardous situations.
- Continued use despite persistent or **RECURRING** social or interpersonal problems caused or made worse by alcohol/drug use.
- Tolerance as defined by either a need for markedly increased amounts to achieve intoxication or desired effect or markedly diminished effect with continued use of the same amount.
- **WITHDRAWAL** manifesting as either characteristic syndrome or the substance is used to avoid withdrawal.
- Using greater amounts or using over a **LONGER** time period than intended.
- Persistent desire or unsuccessful efforts to cut down or control alcohol/drug use.
- Spending a lot of time **OBTAINING**, using, or recovering from using alcohol/drug.
- Stopping or reducing important social, occupational, or recreational activities due to alcohol/drug use.
- Consistent use of alcohol/drug despite acknowledgment of persistent or recurrent physical or psychological difficulties from using alcohol/drugs.
- **CRAVING** or a strong desire to use alcohol/drugs

Outside to the USA most individuals use the following Diagnosis Guidelines from World Health Organization for Addiction

“ICD-10 Diagnostic guidelines

A definite diagnosis of dependence should usually be made only if three or more of the following have been present together at some time during the previous year:

A strong desire or sense of **COMPULSION** to take the substance;

Difficulties in controlling substance-taking behavior in terms of its onset, termination, or levels of use;

A physiological **WITHDRAWAL** state when substance use has ceased or has been reduced, as evidenced by: the characteristic withdrawal syndrome for the substance; or use of the same (or closely related) substance with the intention of relieving or avoiding withdrawal symptoms;

Evidence of **TOLERANCE**, such that increased doses of the psychoactive substance are required in order to achieve effects originally produced by lower doses (clear examples of this are found in alcohol- and opiate-dependent individuals who may take daily doses sufficient to incapacitate or kill non-tolerant users);

Progressive **NEGLECT** of alternative pleasures or interests because of psychoactive substance use, increased amount of time necessary to obtain or take the substance or to recover from its effects;

PERSISTING with substance use despite clear evidence of overtly harmful consequences, such as harm to the liver through excessive drinking, depressive mood states consequent to periods of heavy substance use, or drug-related impairment of cognitive functioning; efforts should be made to determine that the user was actually, or could be expected to be, aware of the nature and extent of the harm.”

The author of this facilitator Manual (Dr. Don Allen) states, I have used the **MAST** as one of my key resources to see where an individual is in their addiction.

The following description is given about the MAST Test:

“BRIEF DESCRIPTION: The MAST is one of the most widely used measures for assessing alcohol abuse. The measure is a 25-item questionnaire designed to provide a rapid and effective screening for lifetime alcohol-related problems and alcoholism. The MAST has been productively used in a variety of settings with varied populations. Several briefer versions of the MAST have been offered.”

The MAST Test

The MAST Test (**The Michigan Alcohol Screening Test**) is a simple, self-scoring test that helps assess if you have a drinking problem. Answer yes or no to the following questions:

- Do you feel you are a normal drinker? ("normal" is defined as drinking as much or less than most other people)
 - ☐ Yes ☐ No
- Have you ever awakened the morning after drinking the night before and found that you could not remember a part of the evening?
 - ☐ Yes ☐ No
- Does any near relative or close friend ever worry or complain about your drinking?
 - ☐ Yes ☐ No
- Can you stop drinking without difficulty after one or two drinks?
 - ☐ Yes ☐ No
- Do you ever feel guilty about your drinking?
 - ☐ Yes ☐ No
- Have you ever attended a meeting of Alcoholics Anonymous (AA)?
 - ☐ Yes ☐ No
- Have you ever gotten into physical fights when drinking?
 - ☐ Yes ☐ No
- Has drinking ever created problems between you and a near relative or close friend?
 - ☐ Yes ☐ No
- Has any family member or close friend gone to anyone for help about your drinking?
 - ☐ Yes ☐ No
- Have you ever lost friends because of your drinking?
 - ☐ Yes ☐ No
- Have you ever gotten into trouble at work because of drinking?
 - ☐ Yes ☐ No
- Have you ever lost a job because of drinking?

- ☐ Yes ☐ No
- Have you ever neglected your obligations, family, or work for two or more days in a row because you were drinking?
 - ☐ Yes ☐ No
- Do you drink before noon fairly often?
 - ☐ Yes ☐ No
- Have you ever been told you have liver trouble, such as cirrhosis?
 - ☐ Yes ☐ No
- After heavy drinking, have you ever had delirium tremens (DTs), severe shaking, visual or auditory (hearing) hallucinations?
 - ☐ Yes ☐ No
- Have you ever gone to anyone for help about your drinking?
 - ☐ Yes ☐ No
- Have you ever been hospitalized because of drinking?
 - ☐ Yes ☐ No
- Has your drinking ever resulted in your being hospitalized in a psychiatric ward?
 - ☐ Yes ☐ No
- Have you ever gone to any doctor, social worker, clergyman, or mental health clinic for help with any emotional problem in which drinking was part of the problem?
 - ☐ Yes ☐ No
- Have you been arrested more than once for driving under the influence of alcohol?
 - ☐ Yes ☐ No (Number of Arrest _____)
- Have you ever been arrested, or detained by an official for a few hours, because of other behavior while drinking?
 - ☐ Yes ☐ No

Scoring the MAST Test

- Score one point if you answered "no" to the following questions: 1 or 4.
- Score one point if you answered "yes" to the following questions: 2, 3, 5 through 22.
- A total score of six or more indicates hazardous drinking or alcohol dependence and further evaluation by a healthcare professional is recommended.

CAGE

Another Assessment tool that Dr. Allen likes is the **CAGE**: This quick and easy to use assessment gives you an opportunity to check on someone when you first have contact, by asking a couple of simple questions.

“CAGE is derived from the four questions of the tool: Cut down, Annoyed, Guilty, and Eye-opener: CAGE Source: Ewing 1984

Directions: Ask your patients these four questions and use the scoring method described below to determine if substance abuse exists and needs to be addressed.

CAGE Questions

1. Have you ever felt you should **CUT** down on your drinking?
2. Have people **ANNOYED** you by criticizing your drinking?
3. Have you ever felt bad or **GUILTY** about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**EYE-OPENER**)?

CAGE Questions Adapted to Include Drug Use (CAGE-AID)

1. Have you ever felt you ought to cut down on your drinking or drug use?
2. Have people annoyed you by criticizing your drinking or drug use?
3. Have you felt bad or guilty about your drinking or drug use?
4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?

Scoring: Item responses on the CAGE questions are scored 0 for "no" and 1 for "yes" answers, with a higher score being an indication of alcohol problems. A total score of two or greater is considered clinically significant.

The normal cutoff for the CAGE is two positive answers, however, the Consensus Panel recommends that the primary care clinicians lower the threshold to one positive answer to cast a wider net and identify more patients who may have substance abuse disorders. A number of other screening tools are available.”

“20-Question Addiction Questionnaire John Hopkins

Johns Hopkins University developed the following self-test for identifying alcoholism and addiction. Please answer the questions as honestly as possible.

1. Do you lose time from work due to drinking or drug use?
2. Is drinking or drug use making your home life unhappy?
3. Do you drink or use drugs because you are shy with other people?
4. Is drinking or drug use affecting your reputation?
5. Have you ever felt remorse after drinking or drug use?
6. Have you gotten into financial difficulties as a result of your drinking or drug use?
7. Do you turn to lower companions and an inferior environment when drinking or using drugs?
8. Does your drinking or drug use make you careless of your family's welfare?
9. Has your ambition decreased since drinking or using drugs?
10. Do you crave a drink or a drug at a definite time daily?
11. Do you want a drink or drug the next morning?
12. Does your drinking or drug use cause you to have difficulties in sleeping?
13. Has your efficiency decreased since drinking or using drugs?
14. Is your drinking or drug use jeopardizing your job or business?
15. Do you drink or use drugs to escape from worries or troubles?
16. Do you drink or use drugs alone?
17. Have you ever had a complete loss of memory?
18. Has your physician ever treated you for drinking or drug use?
19. Do you drink or use drugs to build your self-confidence?
20. Have you ever been in a hospital or institution on account of drinking or drug use?

If you answered "yes" to 3 questions, it suggests you probably have a drinking or drug problem.

If you answered "yes" to 4-7 questions, it suggests you may be in an early stage of alcoholism or drug addiction.

If you answered "yes" to 7-10 questions, it suggests you may be in the second stage of alcoholism or drug addiction.

If you answered "yes" to more than 10 questions, it suggests you may be in end-stage alcoholism or drug addiction."

Another great way to complete an assessment is by:

Asking others what they observe: (This can include family, friends, co-workers, teachers, or peers.

- Change in **BEHAVIOR**
- **GRADE** or job performance drops
- Change in mood
- Hiding or lying about things
- Change in **FRIENDS**
- A Pre-occupation with drugs
- Un-kept appearance
- Deteriorating in **HEALTH**

Dr. Allen believes that one of the greatest tools to help determine an individual's addiction and the possible need for treatment is having an individual complete an Honest and complete First Step: An example of a First Step that Dr. Allen uses in his personal counseling practice is found in the Appendix:

Breakout

In your small group discuss each of the Assessment tools mentioned and share how you could implement them in your personal work with individuals that may have an addiction.

Section Five

Minister as Counselor Helping the individual stop!

Dr. Don Allen along with his friend Tommy Ray developed the RAFT illustration to help clients understand how their thoughts of addiction has an impact on their entire life.

The RAFT:

Our **RELATIONSHIP** is affected by:

Our **ACTIONS** which in turn are affected by

Our **FEELINGS** which are affected by

Our **THOUGHTS** (Thinking)

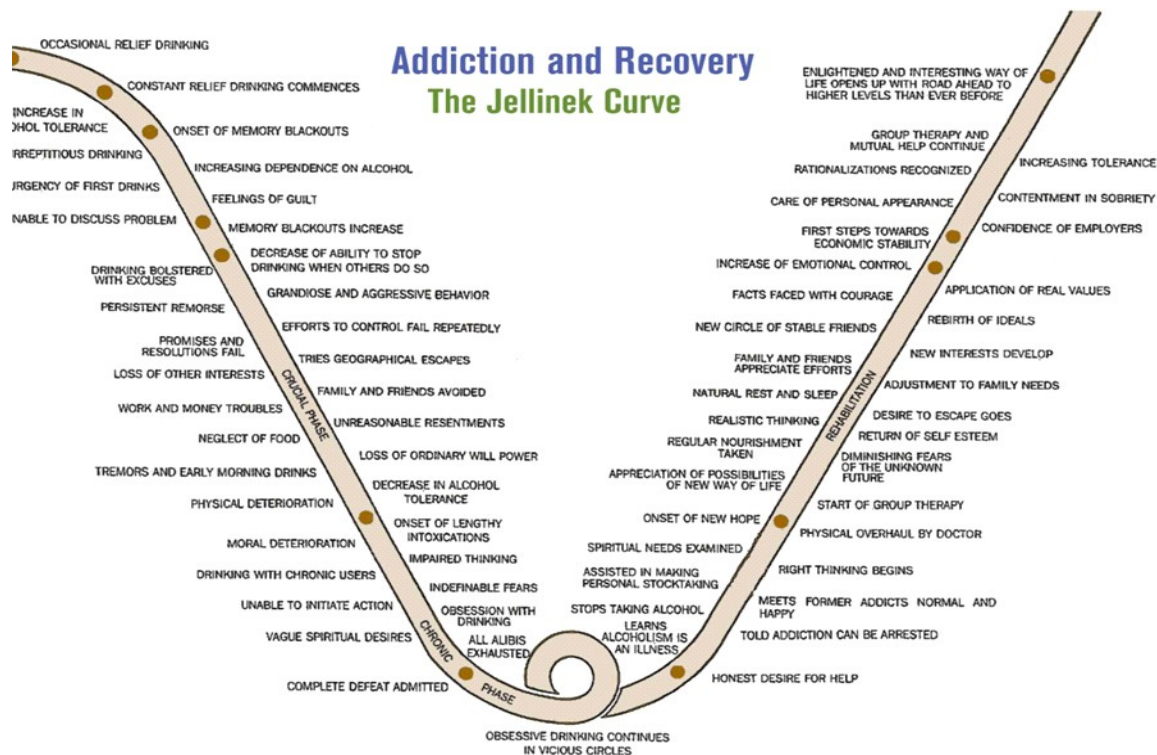
Our Challenge as a Minister/Counselor:

- Getting them to **ADMIT** that Alcohol or Drugs have become a problem!
 - **REFER** to your assessment with them, discuss how that the alcohol/drugs have impacted:
 - Their personal **HEALTH** (the damage to the body do with using)
 - Their **FAMILY** (time, money, emotions, separation/divorce from family, etc.)
 - Their **WORK** or school environment (missed days, job performance, etc.)
 - Their **SPIRITUAL** relationship (feeling separated from God do to their behavior while using.)
- Encourage them to remain **SOBER**.
 - Continually encourage them that sobriety is the key.
- Encourage them to understand their personal relationship with Christ.
 - See Appendix ... Who I am in Christ?
- Encourage them to **ATTEND** church
- We must be **PRAYING** for them and with them
- Discuss the concept of God in relationship to their use.

Breakout ...

In your small group discuss how church, praying and an individual's relationship with God can help them remain sober.

Visual way to understand the effects of addiction (the Jellinek Curve)



In a book written for clergy/ministers the authors give some excellent insight into work with members of our churches dealing with addiction. Spiritual Caregiving to Help, Addicted Persons and Families HANDBOOK FOR USE BY PASTORAL COUNSELORS IN CLERGY EDUCATION.

“Faith leaders and communities need to convey four basic attitudes toward the alcoholic.

- **ACCEPTANCE:** Acceptance is the doctrine of grace practiced in interpersonal relationships. It is what Carl Rogers, an influential psychotherapist, called “unconditional positive regard.” The alcoholic must be accepted for who and what he or she is. By accepting persons as they are we give them the incentive to become what they can be.
- **REDEMPTIVE Judgment:** To be **NON-JUDGMENTAL** does not mean that no judgment can ever take place. To make a realistic appraisal of a person, their behavior, and their life situation is to make a form of judgment. However, the judgment should be based

on **UNDERSTANDING**, love, and **REALITY**, and not on old prejudices, condemnation, and rejection. One's judgment should have a redemptive quality of grace as well as a redemptive intent for change.

- **DISCIPLINED Love:** This form of love does not act out of a compulsive or "do-good" attitude. Disciplined love is patient. It does not bail someone out of all troubles and nourish childish dependency. It understands that the addicted person must be open to help if help is given, but it stands close enough by to be ready to help when the opportunity comes.
- **Awareness of LIMITATIONS:** While the religious community should mobilize reasonable resources to help the addicted person and ***Spiritual Caregiving to Help Addicted Persons and Families*** the affected family members, it should realize that it cannot do everything. Other caregivers need to be involved. Medical care is needed. The rich resources of 12 step programs and people in recovery are needed to help with the problems they know so well. Referral to treatment programs and therapists is needed. Prayer is a resource which allows us to reach beyond our own limitations and turn the person over to God while doing what our limits will allow.

The traditions and rituals of the faith community are of value to an addicted person and to affected families during recovery when they reinforce acceptance, redemptive judgment, disciplined love, and awareness of limitations and use of other resources. Prayer and scripture that direct the recovering addict and family members to a loving and accepting God, as well as reflect a caring community, are valuable spiritual resources that are generally well received."

The same book goes on to share:

"Appropriate Pastoral Interactions with Addicted Persons and Family Members

The **PASTORAL** care of an alcoholic or other addicted person can be a challenging and sometimes frustrating experience. It is easy to feel overwhelmed with the magnitude of the need, the manipulation of the addicted person, and the fear and confusion of the family members. There is a temptation to withdraw and avoid a relationship with these persons. By

following certain principles, however, relating to persons hurt by addiction can be a rewarding ministry.

- Try to **UNDERSTAND** them and avoid irritation or disgust. Addicted persons are used to having others disgusted with them and family members are used to people being critical and impatient with them. If you follow suit, then you are included with all the others who “don’t understand.” An alcoholic will often use irritation to keep people at a safe distance. Their family members will be more likely to deny the severity of the problem, look for quick fixes and turn away when confronted with their own role in the family dysfunction.
- Expect them to **LIE**, but never accept the lie. Lying is one of the symptoms of the illness. The truth may be painful, but to accept a lie is to deny reality and support the addictive behavior.
- Never let them **PROMISE** you they will quit drinking or taking drugs. Most addicted persons have “quit” a number of times. If s/he promises you s/he will quit and then does not, his guilt may cause him to break his relationship with you. It is a good rule not to accept such promises and to guide concerned family members not to do so as well.
- Do not **PREACH**, scold, or tell them they ought to **JOIN** a religious community and/or be baptized. The alcoholic scolds himself daily and may have been baptized more than once already. You may offer an invitation to church/synagogue/temple, but if you push you risk pushing them away. The early stages of the relationship are precarious at best. If the addicted person is not attending a 12 step program or group, suggesting and even arranging for that may be more important initially than getting him/her involved in faith activities.
- Show **GENUINE** interest in them. Addicted persons are very sensitive and will discover quickly how much you care. Your concern may be a stepping stone to finding the concern and love of God and a community of faith. The same is true with the family members.
- Do not ask them to take on **RESPONSIBILITY** in the church in the early stages of sobriety. More than one recovering alcoholic has been asked to speak on their conversion experience and has shown up drunk. A fear of people or of not being well received may have reinforced excessive drinking in the first place. Be sensitive to a need for a gradual recovery.
- Be aware of the impact of addiction on the family, **ASSESS** the needs of spouse, parents and children, and **PROVIDE** a support system for them. Family members should be encouraged to attend

Al-Anon, Alateen, and other self-help support groups. These are important resources where family members can find a supportive community, whether or not the person with the alcohol and drug dependence is ready to address his/her problem. School-age children should also be referred to their school counselors or student assistance programs where educational support programs are offered. (Remember that one in four children lives in a household with alcoholism or alcohol abuse, and many additional students live with parental drug use. Every school has a critical population of affected children).

- Use **SCRIPTURE**/sacred readings in ways that value the individual and show God's love, **GRACE**, and transformational concern for the addicted person and their family members. Scripture should encourage motivation, not increase guilt, fear, or low self-esteem.
- Be aware of treatment **RESOURCES** and **REFER** to them when there is an opportunity to do so.
- Above all, be **HONEST**. Pretense and deception are the alcoholic's game, and they can quickly spot them in anyone else. Honesty, patience, and genuine understanding are things an alcoholic needs most. A conscious effort to recognize both harmful and helpful attitudes and a critical evaluation of one's own attitudes are a necessary first step in accentuating the positive and eliminating the negative."

One of the major Counseling Theories that have shown to work

Sadly, we will not have time to expand on anyone of the following Therapy options:

COGNITIVE Behavior Therapy (CBT) developed by Dr. Arron Beck: (Dr. Allen highly recommends that each student studies Dr. Beck thoughts on counseling)

"Cognitive **BEHAVIOR** Therapy (CBT) is a time-sensitive, structured, present-oriented psychotherapy directed toward solving current problems and teaching client's skills to modify dysfunctional thinking and behavior.

CBT is a psychotherapy that is based on the cognitive model: the way that individuals **PERCEIVE** a situation is more closely connected to their reaction than the situation itself.

One important part of CBT is helping clients change their unhelpful thinking and behavior that lead to enduring improvement in their mood and functioning.

CBT uses a variety of cognitive and behavioral techniques, but it isn't defined by its use of these strategies. We do lots of problem solving and we borrow from many psychotherapeutic modalities, including dialectical behavior therapy, acceptance and commitment therapy, Gestalt therapy, compassion focused therapy, mindfulness, solution focused therapy, motivational interviewing, positive psychology, interpersonal psychotherapy, and when it comes to personality disorders, psychodynamic psychotherapy."

The National Institute of Drug Addiction has the following at their website:

"How do behavioral therapies treat drug addiction?"

Behavioral therapies **HELP** people in drug addiction treatment modify their attitudes and behaviors related to drug use. As a result, patients are able to handle stressful situations and various triggers that might cause another relapse. Behavioral therapies can also enhance the effectiveness of medications and help people remain in treatment longer.

- Cognitive-behavioral therapy **SEEKS** to help patients **RECOGNIZE**, avoid, and cope with the situations in which they're most likely to use drugs.
- Contingency management uses **POSITIVE** reinforcement such as providing rewards or privileges for remaining drug-free, for attending and participating in counseling sessions, or for taking treatment medications as prescribed.
- **MOTIVATIONAL** Enhancement therapy uses strategies to make the most of people's readiness to change their behavior and enter treatment.

- **FAMILY** therapy helps people (especially young people) with drug use problems, as well as their families, address influences on drug use patterns and improve overall family functioning.
- Twelve-step **FACILITATION** (TSF) is an individual therapy typically delivered in 12 weekly session to prepare people to become engaged in 12-step mutual support programs. 12-step programs, like Alcoholic Anonymous, are not medical treatments, but provide social and complementary support to those treatments. TSF follows the 12-step themes of acceptance, surrender, and active involvement in recovery.”

There are dozens if not hundreds of the Therapy (Theories) that an individual can use to help people impacted by Addictions, we do not have the resources or time to discuss them in this study.

Breakout

Discuss in your small groups what counseling theories or methods have worked for you in helping people with addictions.

Section Six

12 Steps

Over the past 80 years one of the most effective means of help to individuals with addiction has been the Twelve Step programs such as Alcoholics Anonymous, Narcotics Anonymous, and other organizations that have developed from the original program developed by Dr. Bob Smith and Bill Wilson.

Twelve Step Programs:

Note from Dr. Don Allen, Jr: I'm indebted to Dr. Gary Sweeten who took so much time over the course of the past 25 years to help me understand addiction and how to help people work out their recovery and faith in finding help.

The following "**Twelve Steps to Wholeness**" were edited by Dr. Gary Sweeten, and reprinted by permission for use in this course. He has done an amazing job in helping us incorporate our Christian values into this amazing tool in helping men and women deal with their addiction and recovery.

- I. I now see that I, of myself, am powerless, unable to control (manage) my life by myself.
 - a. Romans 7 & 8
 - b. Romans 7: 18 & 19
 - c. Psalm 32: 3-7
 - d. Romans 3: 9 & 10, 23

- II. I now realize that my Creator, God the Father, Son, and Holy Spirit, can restore me to wholeness in Christ.
 - a. Psalm 27: 4-5
 - b. Mark 10:26-27

- c. Philippians 2:13
- d. Romans 8:9
- e. Ezekiel 36:27

III. I now make a conscious decision to turn my entire will and life over to the care and direction of Jesus Christ as Teacher, Healer, Savior, and Lord.

- a. Joshua 1: 8 - 9
- b. Jeremiah 29: 11 -14
- c. Jeremiah 32:27
- d. John 14:5
- e. John 10:30
- f. Mark 10:27
- g. Matthew 28: 18 & 20

Breakout

In your small groups discuss how as a counselor you can help facilitate the individual you are counseling to either come to a personal relationship with Christ or strengthen the relationship they already have.

IV. Having made this decision, I now obey God's call in Scripture to make a fearless, ethical, moral, and scriptural inventory of my entire life in order to uncover all sins mistakes, and character defects, and to make a written list of every item uncovered.

- a. Psalm 139: 23 -24
- b. Lamentations 3:40
- c. Jeremiah 23:24
- d. Romans 8:26-27

V. After completing this inventory, I now will to "walk in the light, as He is in the light" by admitting to myself, to God, and to at least one other person in Christ the exact nature of these wrongs.

- a. I John 1:7
- a. Ephesians 5: 13-14
- b. Psalm 119:8-11
- c. I Timothy 1:15
- d. Acts 13: 38-39

- e. James 5:13-16
- f. Hebrews 9:14
- g. Acts 2:37-38

VI. Having agreed with God about my sinful behavior, I now ask His forgiveness through Christ and openly acknowledge that I am forgiven according to the Scripture.

- a. I John 1:8-9
- b. James 4:10
- c. I John 2: 1-2
- d. Psalm 27: 13 -14
- e. Psalm 118:18,

VII. I now repent (turn away) from all these behaviors in thoughts, word and deed and ask God to remove each besetting sin, through Jesus Christ.

- a. John 5:14
- b. John 8:10-11
- c. Job 11:13-19
- d. Ezekiel 18:30-32
- e. Romans 5-6
- f. Romans 12:1-2
- g. I John 2:3-6
- h. II Corinthians 10:5
- i. Colossians 3: 17

Breakout

In your small group discuss why it important for an individual to complete this step (number 7). As a counselor how would you help them accomplish this and how would you encourage them to pray.

VIII. I now make a list of all persons I have harmed in thought, words and deeds, and a list of all persons I believe have harmed me, and will to make amends to all of them.

- a. Ephesians 4: 29-32
- b. Hosea 11: 1-4
- c. Luke 6:31
- d. Ephesians 5: 1-2
- e. Matthew 5: 43-44
- f. Matthew 18:15
- g. Leviticus 19:17-18
- h. Mark 12:31

IX. I now go directly to these persons to forgive and to seek forgiveness, reconciliation, restitution, or release whenever and with whomever possible, unless to do so would cause further harm.

- a. Matthew 5:23-24
- b. Isaiah 1: 18-20

X. I now consciously and prayerfully continue to "walk in the light" by unceasingly taking personal inventory of all my temptation and sins, and by keeping a constantly open relationship with God, myself, and other persons.

- a. Matthew 26: 41
- b. James 1: 13-15
- c. Psalm 55:22
- d. Matthew 6: 11- 13
- e. Colossians 3: 13
- f. Proverbs 30: 8-9
- g. Ephesians 5: 15-18
- h. Psalm 4: 3-5
- i. I Peter 5: 6-7
- j. Ephesians 4:22-28

Breakout

In your small group discuss how that you would use the scripture listed to help the individual to walk out this journey of recovery now that they have made a concussions effort to stop using.

XI. I now continue in regular Scripture, study, prayer, worship and fellowship to increase God's will in my life.

- a. Acts 2:42
- b. Mark 12: 28-33
- c. Matthew 5:33
- d. Psalm 89:15
- e. Joshua 1:8
- f. I Kings 8: 56-61
- g. Colossians 3: 12-17

XII. Recognizing the impact of God in my life, I now intentionally share these principles and their effect with others as God's Spirit leads, and will to practice these principles in all areas of my life.

- a. Micah 6: 8
- b. Ephesian 5: 8
- c. Psalm 40: 8 -10
- d. Galatians 5: 1
- e. Revelation 12: 11
- f. II Corinthians 3: 17

Large Group!

In the large group setting allow the students to discuss how they view the 12 steps as shared above as reliable tool in helping individuals they maybe counseling.

Relapse

Possible factors and warning signs in the prevention of a relapse might be:

The American Society of Addiction Medicine defines relapse as “a process in which an individual who has established abstinence or sobriety experiences recurrence of signs and symptoms of active addiction, often including resumption of the pathological pursuit of reward and/or relief through the use of substances and other behaviors.”

- **STOPPING** medications on one's own or against the advice of medical professionals.
- **HANGING** around old drinking haunts and drug using friends - slippery places.
- **ISOLATING** - not attending meetings - not using the telephone for support.
- Keeping alcohol, drugs, and paraphernalia around the house for any reason.
- **OBSESSIVE** thinking about using drugs or drinking.
- Failing to follow one's treatment plan - quitting therapy - skipping doctors' appointments.
- Feeling **OVERCONFIDENT** - that you no longer need support.
- **RELATIONSHIP** difficulties - ongoing serious conflicts - a spouse who still uses.
- Setting unrealistic goals - perfectionism - being too hard on ourselves.
- Changes in eating and sleeping patterns, personal hygiene, or energy levels.
- Feeling **OVERWHELMED** - confused - useless - stressed out.
- Constant boredom - irritability - lack of routine and structure in life.

- Sudden changes in psychiatric symptoms.
- Dwelling on **RESENTMENTS** and past hurts - anger - unresolved conflicts.
- **AVOIDANCE** - refusing to deal with personal issues and other problems of daily living.
- Major life changes - loss - grief - trauma - painful emotions - winning the lottery.
- Ignoring relapse warning signs and triggers.

Breakout

In your small group discuss what you have observed are causes for Relapse.

Section Seven

Treatment Options

“What is drug addiction treatment?”

Drug treatment is **INTENDED** to **HELP** addicted individuals stop compulsive drug seeking and use. Treatment can occur in a variety of settings, take many different forms, and last for different lengths of time. Because drug addiction is typically a chronic disorder characterized by occasional relapses, a short-term, one-time treatment is usually not sufficient. For many, treatment is a long-term process that involves multiple interventions and regular monitoring.”

- Detoxification
 - Shorter-term residential treatment, (generally lasting 3 to 7 days) which typically focuses on detoxification as well as providing initial intensive counseling and preparation for treatment in a community-based setting.
- Working the 12 Steps and participating in a 12-step support group such as Alcoholics Anonymous or Narcotic Anonymous.

Large Group:

Discuss the group’s beliefs about an individual’s use and participation in a twelve-step group. Especially one that doesn’t present Christ centered values, and using terms such as Higher Power, instead of God or Jesus.

- **INTENSIVE** Outpatient counselling.
 - “**Outpatient behavioral treatment** includes a wide variety of programs for patients who visit a behavioral health counselor on a regular schedule. Most of the programs involve individual or group drug counseling, or both. These programs typically offer forms of behavioral therapy such as:

- Short Term Treatment programs
 - These programs can be from 21 to 30 days, in which time the patient is able to learn about his/her addiction and develop tools for remaining sober.
- Long Term Treatment programs
 - “Therapeutic **COMMUNITIES**, which are highly structured programs in which patients remain at a residence, typically for 6 to 12 months. The entire community, including treatment staff and those in recovery, act as key agents of change, influencing the patient’s attitudes, understanding, and behaviors associated with drug use. Read more about therapeutic communities”
- Christian based **DISCIPLESHIP** Programs
 - World/Teen Challenge are an examples of Christian based Discipleship programs that help individuals develop a Godly view of recovery, and Biblical tools for remaining sober.

Breakout

In your small groups discuss the various treatment options and how you would determine if one is better than another.

Appendix A

As Christians, We Can Work Step One ...

This was originally published by Dr. Don Allen, Jr and is made available to you to use.

The 12 steps have been the foundation for millions around the world as they make progress in their personal recovery. At the root of the 12 steps is Step One, on which the rest hinge. The step simply reads:

“We admitted we are powerless over alcohol (and other drugs) and that our lives had become unmanageable.” Dr. Gary Sweeten of Sweeten Life Systems rewrites it this way for Christians ***“I now see that I, of myself, am powerless, unable to control (manage) my life by myself.”***

The following verses are highly recommended that an individual reads and prepare to do a First STEP...

- Romans chapters 7 and 8
- Romans 7: 18 & 19
- Psalm 32: 3-7
- Romans 3: 9 & 10, 23
- II Corinthians 12:9
- Isaiah 5:11
- I Corinthians 6: 9-12
- Proverbs 23:21
- Proverbs 23: 29-35

The foundation to success with working any of the 12 steps, and especially the First Step is getting **“honest”** with yourself about the damage that alcohol, drugs, and other addictions such as gambling, and pornography have caused in your personal life and those around you.

The first challenge ...

| The Drug/Behavior: List all the drugs or behavior that you participated in. | How often do you use or participate in the behavior? (Daily, Weekly, Monthly) | When you do use or participate in the behavior; how much time do you spend doing it? | How much money do you spend using or participating in the behavior? | Once you start using or participating in the behavior, can you just stop, or do you continue despite consequences. |
|--|--|--|---|--|
| Alcohol | | | | |
| Marijuana | | | | |
| Cocaine/ Crack | | | | |
| Opiate/Heroin | | | | |
| Stimulants | | | | |
| Hallucinogenic | | | | |
| Inhalants | | | | |
| Depressants | | | | |
| Gambling | | | | |
| Pornography | | | | |

As we get honest the first step sets the stage for the ability to be in the process of making healthy choices towards recovery and change.

Five simple questions;

For many, they are the hardest questions in the world to get honest about.

- Have alcohol, drugs or other addictive behavior caused you problems with your personal relationship with God?
 - Have you done things while under the influence of alcohol and drugs that violated the beliefs you grew up with about God?
 - Do you feel distant from God or feel you're out of touch with HIM?
 - Do you feel that God is not hearing your prayers?
- Has alcohol, drugs or other addictive behavior caused you problems with your relationships?
 - Has a friend or family member ever told you that you drink too much?
 - Has a friend or family member ever told you that your drinking makes you act different?
 - Has a friend or family member ever described something you did while under the influence of alcohol or drugs that you don't remember? (This is referred to as a Blackout)
 - Have you lied to family or friends about the amount of alcohol or drugs you were using or the amount of money you were spending?
 - Have you ever taken money from family or friends in order to contribute to your alcohol, drugs, or addictive behavior?
- Have alcohol, drugs or other addictive behaviors caused you problems with your finances?
 - How much have you spent on alcohol, drugs or unhealthy behavior like gambling or pornography over the past year?
 - Figure up your weekly use of all your addictions above and multiply it times 52 ...
 - Have you ever not been able to pay bills such as rent, phone, car payment, or have you failed to be able to buy groceries or other necessities due to having spent the money on drugs or unhealthy behaviors.
 - Have you been required to pay legal fees due to your use of alcohol or drugs, such as reinstatement fees, tickets, legal fees for a divorce, medical fees for yourself or someone you harmed, eviction from your home?
 - Have you ever gone out to drink, use drugs, or participated in your addictive behavior and spent more money than you intended over a longer period of time?

- Have you ever taken out a loan, maxed out your credit cards, or sold something in order to buy alcohol, drugs, or participate in your addictive behavior?
- Has alcohol, drugs or other addictive behaviors caused you problems with the legal system or other disciplinary actions?
 - Have you been arrested, or could you have been charged for events involving your use of alcohol, drugs, or other behaviors?
 - Driving under the influence
 - underage consumption
 - possession charges (this should include any weed tickets)
 - buying illegal drugs
 - disorderly conduct
 - open flask
 - solicitation,
- Has alcohol, drugs other addictive behavior caused you problems with your health (either physical or emotional health)?
 - Has the doctor or other health care professional ever told you that you have a health condition that will get worse if you continue to drink or use drugs?
 - Do you have a mental health or emotional condition that gets worse when you use alcohol, drugs, or participate in unhealthy behavior (such as depression, anxiety, or paranoid)?
 - Has your family or friends ever pointed-out things that such as changes in your mood or asked why you were using?

If you answered yes to any one of these questions, you should take a serious look at your alcohol and/or drug use, or unhealthy behaviors. Seek some good help from Alcoholic Anonymous or other sober support network. You can also choose to seek help from a mature non-using pastor or friend.

Appendix B

Who I Am In Christ?

All bible verses quoted in NIV

I am accepted...

- John 1:12 I am God's child.
 - ***Yet to all who received him, to those who believed in his name, he gave the right to become children of God***
- John 15:15 As a disciple, I am a friend of Jesus Christ.
 - ***I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.***
- Romans 5:1 I have been justified.
 - ***Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ,***
- 1 Corinthians 6:17 I am united with the Lord, and I am one with Him in spirit.
 - ***But he who unites himself with the Lord is one with him in spirit.***
- 1 Corinthians 6:19-20 I have been bought with a price and I belong to God.
 - ***Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.***
- 1 Corinthians 12:27 I am a member of Christ's body.
 - ***Now you are the body of Christ, and each one of you is a part of it.***
- Ephesians 1:3-8 I have been chosen by God and adopted as His child.

- ***Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding.***
- Colossians 1:13-14 I have been redeemed and forgive of all my sins.
 - ***For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.***
- Colossians 2:9-10 I am complete in Christ.
 - ***For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ, who is the head over every power and authority.***
- Hebrews 4:14-16 I have direct access to the throne of grace through Jesus Christ.
 - ***Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. I am secure...***
- Romans 8:1 I am free from condemnation.
 - ***Therefore, there is now no condemnation for those who are in Christ Jesus.***
- Romans 8:28 I am assured that God works for my good in all circumstances.
 - ***And we know that in all things God works for the good of those who love him, who have been called according to his purpose.***

- Romans 8:31-39 I am free from any condemnation brought against me and I cannot be separated from the love of God.
 - ***What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died more than that, who was raised to life is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughter "No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.***
- 2 Corinthians 1:21-22 I have been established, anointed and sealed by God.
 - ***Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.***
- Colossians 3:1-4 I am hidden with Christ in God.
 - ***Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.***
- Philippians 1:6 I am confident that God will complete the good work He started in me.
 - ***Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.***
- Philippians 3:20 I am a citizen of heaven.
 - ***But our citizenship is in heaven. And we eagerly await a Saviour from there, the Lord Jesus Christ,***

- 2 Timothy 1:7 I have not been given a spirit of fear but of power, love and a sound mind.
 - ***For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.***
- 1 John 5:18 I am born of God and the evil one cannot touch me.
 - ***We know that anyone born of God does not continue to sin; the one who was born of God keeps him safe, and the evil one cannot harm him.***

I am significant...

- John 15:5 I am a branch of Jesus Christ, the true vine, and a channel of His life.
 - ***"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.***
- John 15:16 I have been chosen and appointed to bear fruit.
 - ***You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name.***
- 1 Corinthians 3:16 I am God's temple.
 - ***Don't you know that you yourselves are God's temple and that God's Spirit lives in you?***
- 2 Corinthians 5:17-21 I am a minister of reconciliation for God.
 - ***Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.***
- Ephesians 2:6 I am seated with Jesus Christ in the heavenly realm.
 - ***And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,***

- Ephesians 2:10 I am God's workmanship.
 - ***For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.***
- Ephesians 3:12 I may approach God with freedom and confidence.
 - ***In him and through faith in him we may approach God with freedom and confidence.***
- Philippians 4:13 I can do all things through Christ, who strengthens me.
 - ***I can do everything through him who gives me strength.***
Who Am I in Christ?

I am a child of God; God is spiritually my Father.

- Romans 8:14,15
 - ***because those who are led by the Spirit of God are sons of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."***
- Galatians 3:26
 - ***You are all sons of God through faith in Christ Jesus.***
- John 1:12
 - ***Yet to all who received him, to those who believed in his name, he gave the right to become children of God.***

I am a new creation in Christ; old things have passed away and all things have become new.

- 2 Corinthians 5:17
 - ***Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!***

I am in Christ.

- Galatians 3:26,28
 - ***You are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ. There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.***

I am an heir with the Father and a joint heir with Christ.

- Galatians 4:6,7
 - ***Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba," So you are no longer a slave, but a son; and since you are a son, God has made you also an heir.***
- Romans 8:17
 - ***Now if we are children, then we are heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.***

I am reconciled to God and am an ambassador of reconciliation for Him.

- 2 Corinthians 5:18-19
 - ***All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation.***

I am a saint.

- Ephesians 1:1
 - ***Paul, an apostle of Christ Jesus by the will of God, to the saints in Ephesus, the faithful in Christ Jesus:***
- 1 Corinthians 1:2
 - ***to the church of God in Corinth, to those sanctified in Christ Jesus and called to be holy, together with all those everywhere who call on the name of our Lord Jesus Christ their Lord and ours:***
- Philippians 1:1
 - ***Paul and Timothy, servants of Christ Jesus, to all the saints in Christ Jesus at Philippi, together with the overseers and deacons:***

I am God's workmanship, created in Christ for good works.

- Ephesians 2:10
 - ***For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.***

I am a citizen of heaven:

- Ephesians 2:19
 - ***Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household***
- Philippians 3:20
 - ***But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ***

I am a member of Christ's body.

- 1 Corinthians 12:27
 - ***Now you are the body of Christ, and each one of you is a part of it.***

I am united to the Lord and am one spirit with Him.

- 1 Corinthians 6:17
 - ***But he who unites himself with the Lord is one with him in spirit.***

I am the temple of the Holy Spirit.

- 1 Corinthians 3:16
 - ***Don't you know that you yourselves are God's temple and that God's Spirit lives in you?***
- 1 Corinthians 6:19
 - ***Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own.***

I am a friend of Christ.

- John 15:15
 - ***I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.***

I am a slave of righteousness.

- Romans 6:18
 - ***God made him who had no sin to be sin for us, so that in him we might become the righteousness of God***

I am the righteousness of God in Christ.

- 2 Corinthians 5:21
 - ***God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.***

I am enslaved to God.

- Romans 6:22
 - ***But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life.***

I am chosen and ordained by Christ to bear fruit.

- John 15:16
 - ***You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name.***

I am a prisoner of Christ.

- Ephesians 3:1
 - ***For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles***
- Ephesians 4:1
 - ***As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.***

I am righteous and holy.

- Ephesians 4:24
 - ***And to put on the new self, created to be like God in true righteousness and holiness.***

I am hidden with Christ in God.

- Colossians 3:3
 - ***For you died, and your life is now hidden with Christ in God.***

I am the salt of the earth.

- Matthew 5:13

- ***"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men."***

I am the light of the world.

- Matthew 5:14
 - ***"You are the light of the world. A city on a hill cannot be hidden."***

I am part of the true vine.

- John 15:1-2
 - ***"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful."***

I am filled with the divine nature of Christ and escape the corruption that is in the world through lust.

- 2 Peter 1:4
 - ***Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.***

I am an expression of the life of Christ.

- Colossians 3:4
 - ***When Christ, who is your life, appears, then you also will appear with him in glory.***

I am chosen of God, holy and dearly loved.

- Colossians 3:12
 - ***Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience***
- 1 Thessalonians 1:4
 - ***For we know, brothers loved by God, that he has chosen you***

I am a child of light.

- 1 Thessalonians 5:5
 - ***You are all sons of the light and sons of the day. We do not belong to the night or to the darkness.***

I am a partaker of a heavenly calling.

- Hebrews 3:1
 - ***Therefore, holy brothers, who share in the heavenly calling, fix your thoughts on Jesus, the apostle and high priest whom we confess.***

I am more than a conqueror through Christ.

- Romans 8:37
 - ***No, in all these things we are more than conquerors through him who loved us.***

I am a partaker with Christ and share in His life.

- Hebrews 3:14
 - ***We have come to share in Christ if we hold firmly till the end the confidence we had at first***

I am one of God's living stones, being built up in Christ as a spiritual house.

- 1 Peter 2:5
 - ***you also, like living stones, are being built into a spiritual house to be a holy priesthood offering spiritual sacrifices acceptable to God through Jesus Christ.***

I am a chosen generation, a royal priest hood, a holy nation.

- 1 Peter 2:9
 - ***But you are a chosen people, a royal priest hood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.***

I am the devil's enemy.

- 1 Peter 5:8
 - ***Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.***

I am born again by the Spirit of God.

- John 3:3-6
 - ***In reply Jesus declared, "I tell you the truth, no one can see the kingdom of God unless he is born again" "How can a man be born when he is old?" Nicodemus asked. "Surely he cannot enter a second time into his mother's womb to be born!" Jesus answered, "I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit.***

I am an alien and a stranger to this world.

- 1 Peter 2:11
 - ***Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul.***

I am a child of God who always triumphs in Christ and releases His fragrance in every place.

- 2 Corinthians 2:14
 - ***But thanks be to God, who always leads us in triumphal procession in Christ and through us spreads everywhere the fragrance of the knowledge of him.***

I am seated in heavenly places in Christ.

- Ephesians 2:6
 - ***And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus***

I am saved by grace.

- Ephesians 2:8
 - ***For it is by grace you have been saved, through faith and this not from yourselves, it is the gift of God***

I am a recipient of every spiritual blessing in the heavenly places in Christ.

- Ephesians 1-6 (The Whole book!)

I am redeemed by the blood of the Lamb.

- Revelations 5:9

- ***And they sang a new song: "You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased men for God from every tribe and language and people and nation."***

I am part of the Bride of Christ and am making myself ready of Him.

- Revelations 19:7
 - ***Let us rejoice and be glad and give him glory! For the wedding of the Lamb has come, and his bride has made herself ready.***

I am a true worshiper who worships the Father in spirit and in truth.

- John 4:24
 - ***God is spirit, and his worshipers must worship in spirit and in truth. NEVER AGAIN NEVER AGAIN*** will I confess or focus on "I can't," because the Word says: "I can do all things through Jesus Christ who strengthens me." (Philippians 4:13) **NEVER AGAIN** will I confess or focus on fear, because the Word says: "God has not given me a spirit of fear, but one of power, love and a sound mind." (2 Timothy 1:7) **NEVER AGAIN** will I confess or focus on doubt and a lack of faith, because the Word says: "God has dealt to each one [every person] a measure of faith." (Romans 12:3) **NEVER AGAIN** will I confess or focus on weakness, because the Word says: "The Lord is the strength of My life" (Psalm 27:1) and "The people that know their God shall be strong and carry out great exploits." (Daniel 11:32) **NEVER AGAIN** will I confess or focus on the supremacy of Satan over my life, because the Word says: "Greater is He that is within me than he that is in the world." (1 John 4:4) **NEVER AGAIN** will I confess or focus on defeat, because the Word says: "God always causes me to triumph in Jesus Christ." (2 Corinthians 2:14) **NEVER AGAIN** will I confess or focus on a lack of wisdom, because the Word says: "Christ Jesus has become for me wisdom from God." (1 Corinthians 1:30) and "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him." (James 1:5) **NEVER AGAIN** will I confess or focus on sickness, because the Word says: "With His stripes I am healed." (Isaiah 53:5) and Jesus "Himself took my infirmities and bore my sickness." (Matthew 8:17) **NEVER AGAIN** will I confess or focus on bondage, because the Word says: "Where the Spirit of the Lord is, there is liberty." (2 Corinthians 3:17) and "My body is the temple of the Holy Spirit." (1 Corinthians 6:19) **NEVER AGAIN** will I confess or focus on worries and frustration, because the Word says:

I am "Casting all my cares upon Him who cares for me." (1 Peter 5:7)